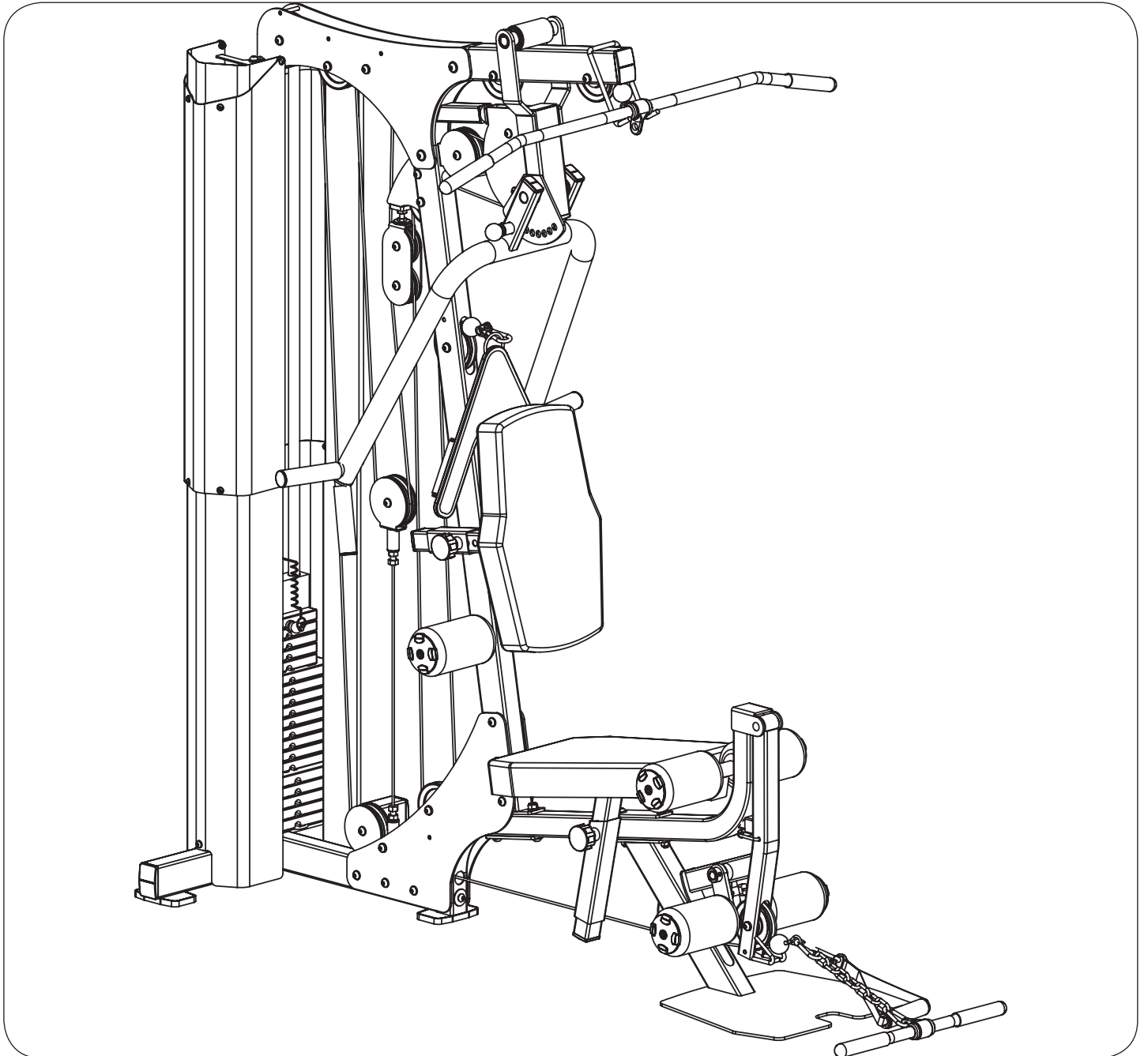




KeysFitness®

Owner's Manual

KF-1560



215-00113
10/06 Rev A



Before You Start	3
Important Safety Information	4
Assembly	5-21
Weight Ratios	22
Weight Stack Sticker Placement	23
Cable View	24
Top View	25
Exploded View	26
Parts List	27
Warranty Information	28

Before You Start



THANK YOU for making this unit a part of your exercise program. Keys Fitness assures the very best in value, appearance, durability and biomechanics.

This manual will guide you through the assembly process. If at any time you are having trouble with the assembly or use of this product, then please contact us at our Keys Fitness Help line. We have trained service technicians on site to take care of you, our valued customer.

REGISTRATION CARD

To avoid unnecessary delays in warranty parts and to insure that a permanent record of your purchase is on file with our company, be sure to send in the warranty registration card or register on-line at www.keysfitness.com within 10 days of purchase.

KEYS FITNESS SERIES

QUESTIONS?

CALL

1-888-340-0482

Monday-Friday

8:30-5:30 Central Time

When calling please have the following product information available:

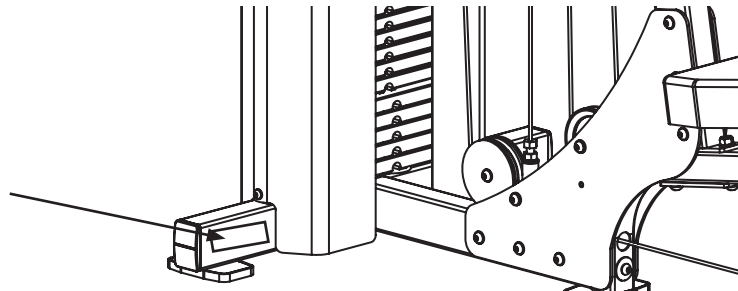
Model Name :

Serial #:

Manufactured Date :

PO # :

Model Name Decal Location



Prior to assembly, remove components from the box and verify that all the listed parts were supplied.

NOTE: Hand tighten bolts and nylon nuts until machine is fully assembled.

! CAUTION

Read all precautions and instructions in this manual before using this equipment.

WARNING!

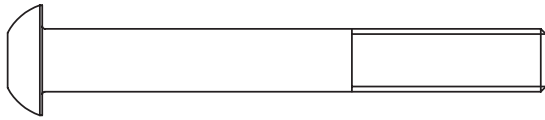
Before using this unit or starting any exercise program, consult your physician. This is especially important for persons over the age of 35 and/or persons with pre-existing health problems. Keys Fitness Products LP assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

It is the owner's responsibility to ensure that all users of this unit have read the Owner's Manual and are familiar with safety information and precautions.

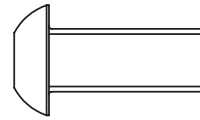
SAFETY PRECAUTIONS

- This unit should only be used on a level surface and is intended for indoor use only. Keys Fitness recommends an equipment mat be placed under the unit to protect the floor or carpet and for easier cleaning.
- Wear comfortable, good-quality walking or running shoes and appropriate clothing. Do not use this unit with bare feet, sandals, socks or stockings!
- Always examine your unit before using to ensure all parts are in working order.
- Do not leave children unsupervised near or on the unit.
- Service to your unit should only be performed by an authorized service representative, unless authorized and/or instructed by a Keys Fitness technician. Failure to follow these instructions will void the warranty.

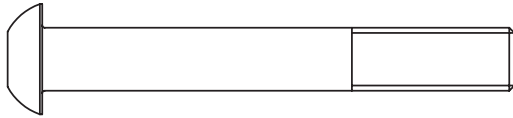
Box 1



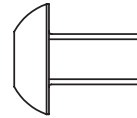
[79#] M10*80 8pcs



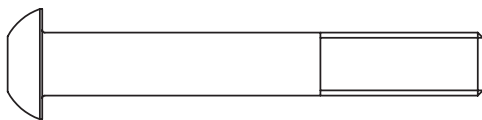
[86#] M10*25 4pcs



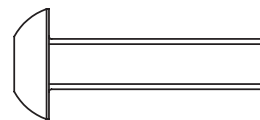
[80#] M10*75 7pcs



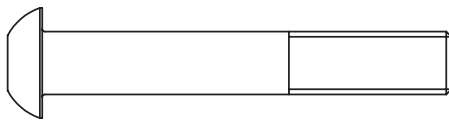
[48#] M8*15 5pcs



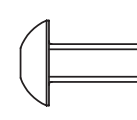
[81#] M10*70 4pcs



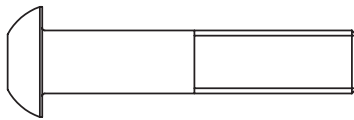
[51#] M8*35 1pc



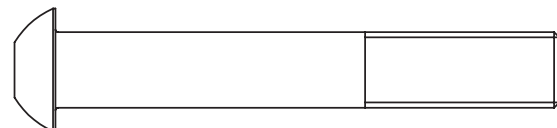
[82#] M10*65 1pc



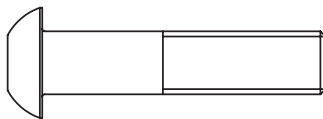
[56#] M6*15 1pc



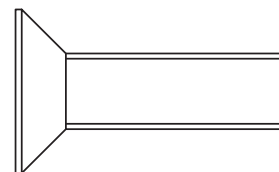
[83#] M10*50 6pcs



[87#] M12*80 4pcs

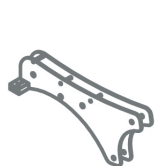


[84#] M10*45 5pcs



[53#] M12*35 1pc

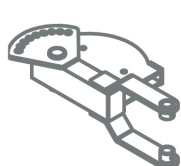
Box 2



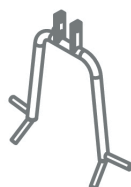
[4#] 1pc



[5#] 1pc



[6#] 1pc



[7#] 1pc



[11#] 2pcS



[24#] 1pc



[27#] 6pcS



[28#] 1pc



[29#] 1pc



[32#] 1pc



[33#] 1pc



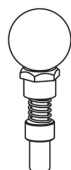
[34#] 1pc



[37#] 6pcS



[38#] 1pc



[49#] 1pc



[60#] 4pcS



[61#] 2pcS



[63#] 1pc



[65#] 2pcS



[66#] 4pcS



[68#] 6pcS



[71#] 1pc



[76#] 1pc



[77#] 1pc

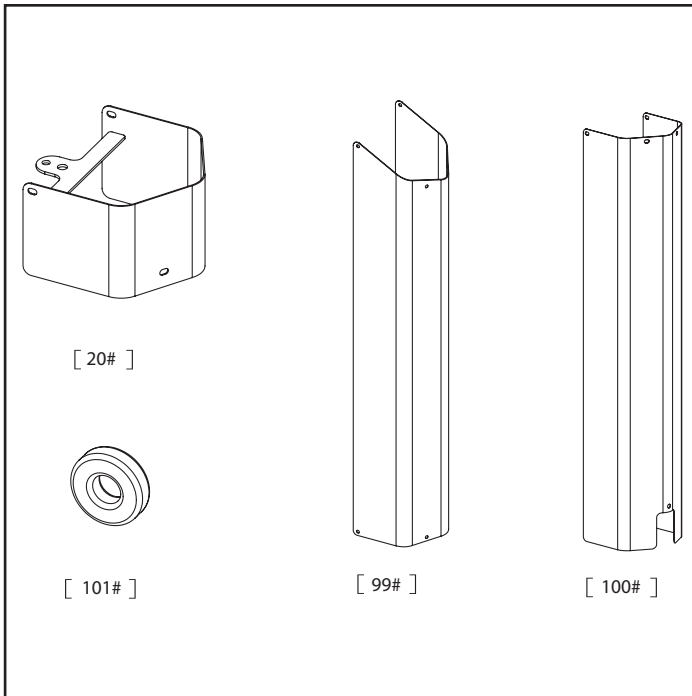


[78#] 1pc

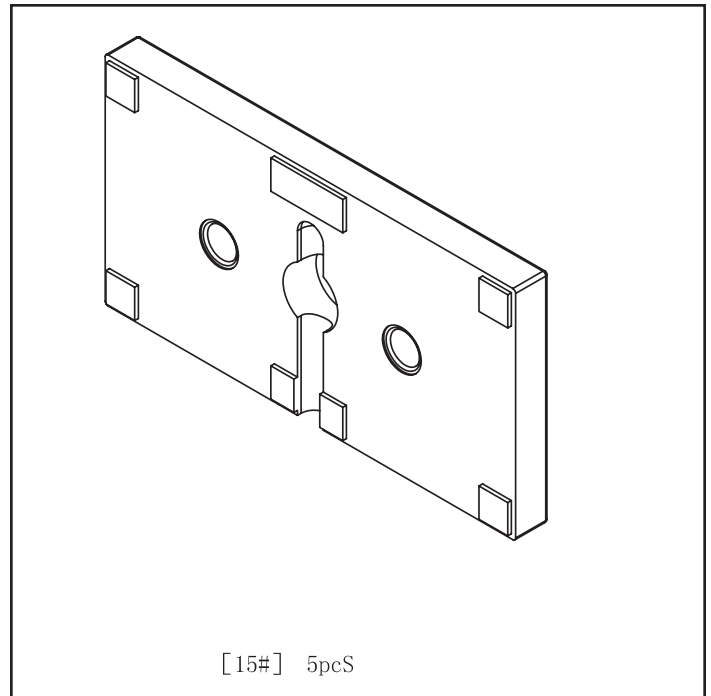


[106#] 2pcS

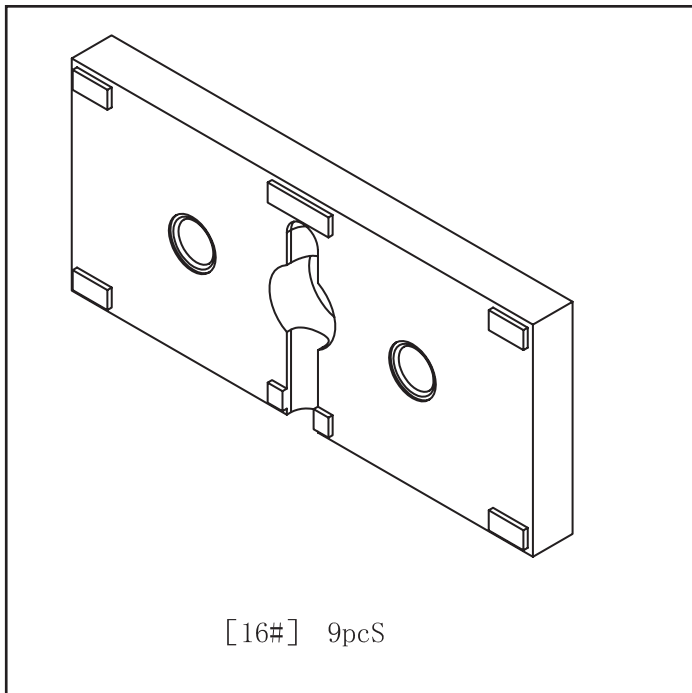
Box 3



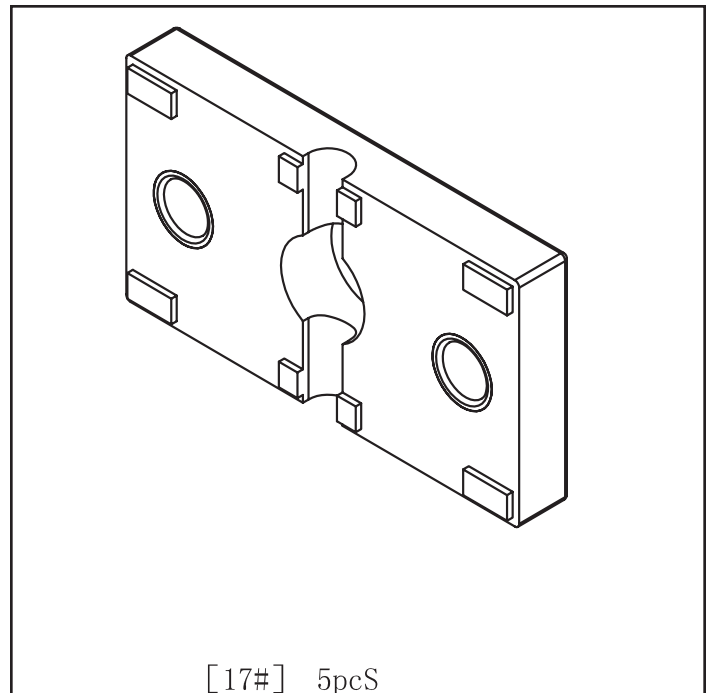
Box 4



Box 5



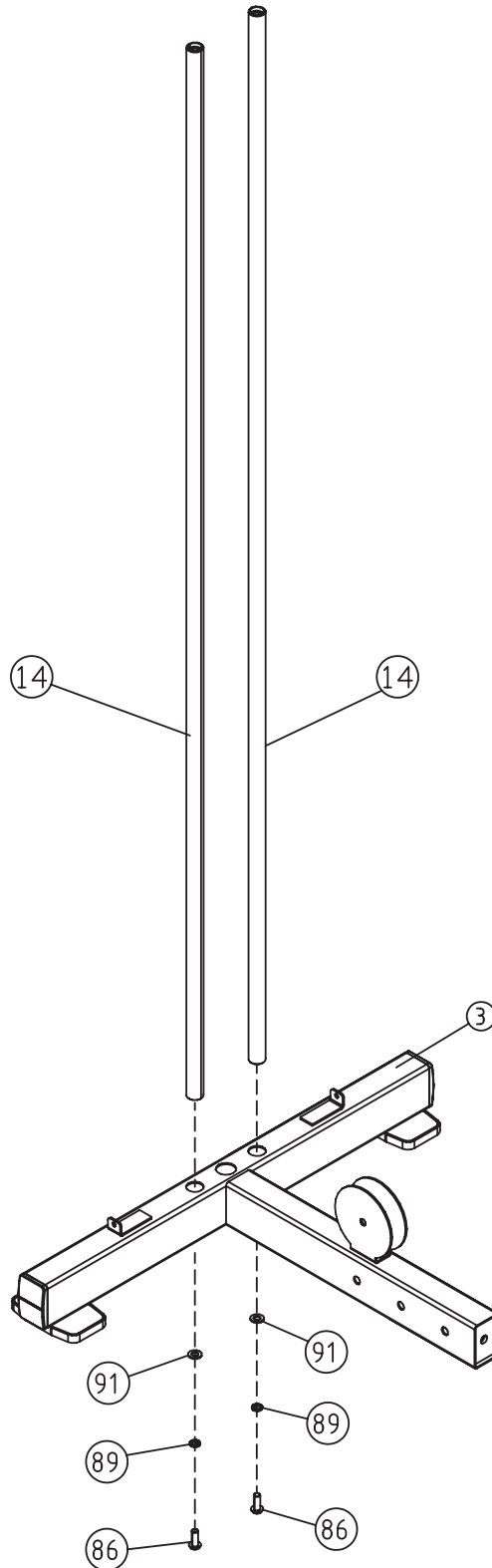
Box 6



Step 1

Insert the two Guide Rods (14) into Rear Base (3) and secure them in place using two Washers (91), two Spring Washers (89), and two Allen Bolts (86).

Figure 1

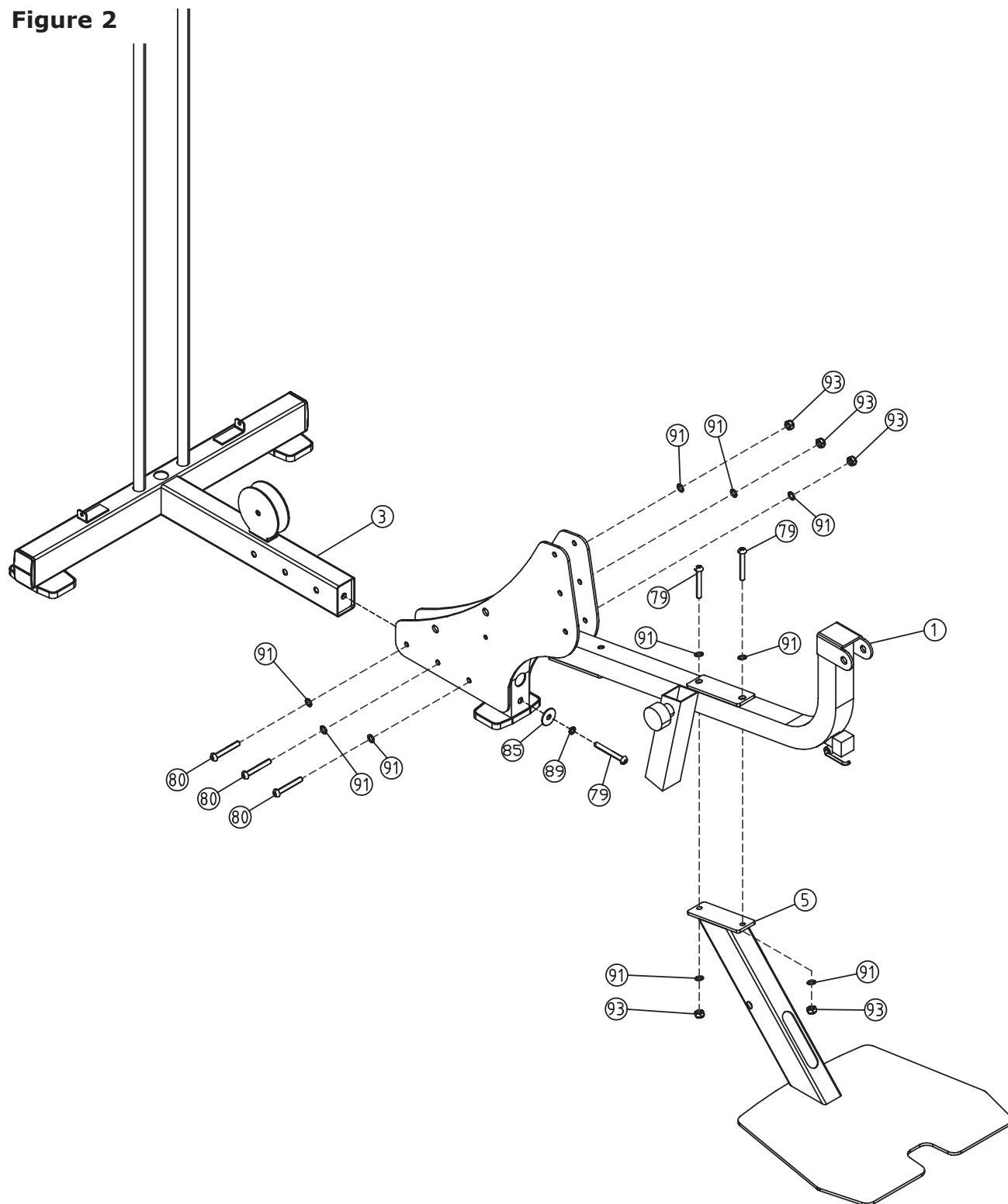


Step 2

Slide Seat Pad Support Receptacle (1) onto Rear Base (3) and secure in place using three Nylon Locknuts (93), six Washers (91), and three Bolts (80).

Connect Front Upright (5) onto Seat Pad Support Receptacle (1) and secure together using two Nylon Locknuts (93), four Washers (91), and two Bolts (79).

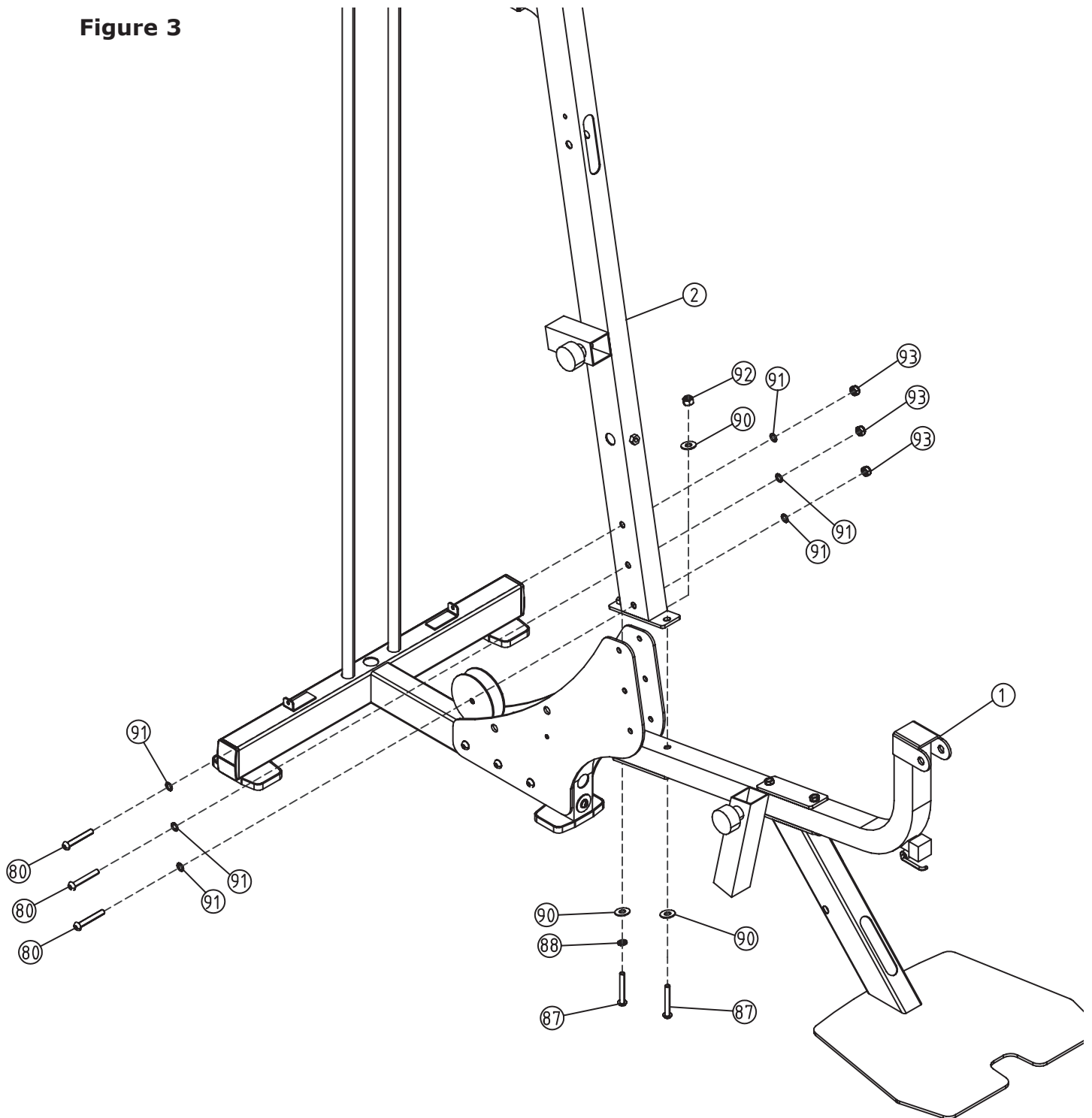
Figure 2



Step 3

Install the Main Upright (2) onto the Seat Pad Support Receptacle (1). Secure it in place using three Nylon Locknuts (93), six Washers (91), and three Bolts (80) on the side. Two Bolts (87), one Spring Washers (88), three Washers (90), one Nylon Locknut (92) will secure it at the bottom.

Figure 3

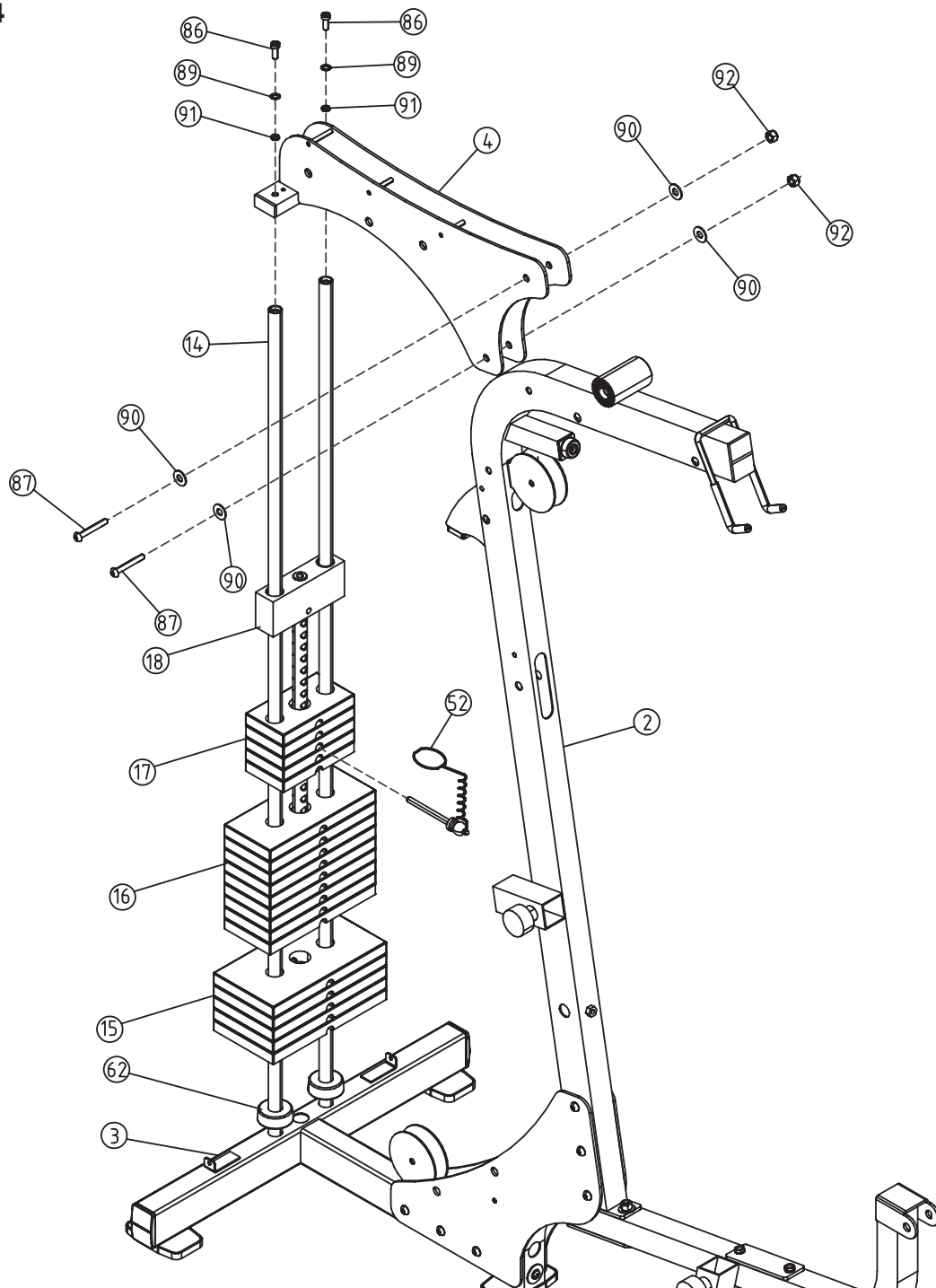


Step 4

Slide one Weight Stack Bumper (62) down each Guide Rod (14). Next, slide the weight plates down the Guide Rods (14) in this order - five 15lb Plates (15), nine 10lb Plates (16), five 5lb Plates (17), and the Top Plate (18). For more information see Weight Stack Placement (pg 23).

Insert the Main Top Beam (4) onto the two Guide Rods (14) and the Main Upright (2). Secure Main Top Beam (4) to Main Upright (2) using two Nylon Locknuts (92), four Washers (90), two Bolts (87). Last, use two Washers (91), two Spring Washers (89), and two Allen Bolts (86) to secure the Main Top Beam (4) to the two Guide Rods (14).

Figure 4



Step 5

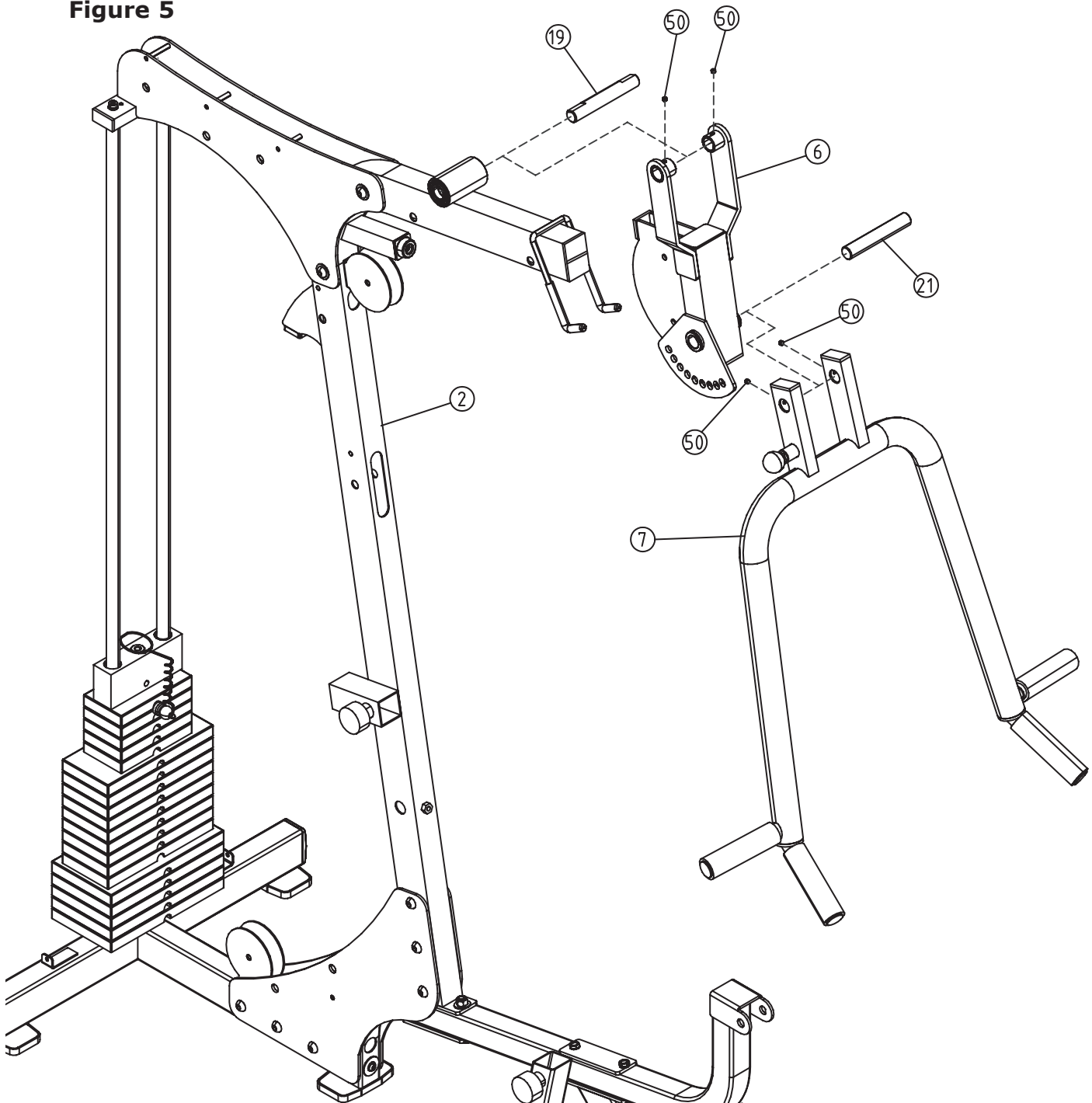
Attach Press Arm Support (6) to Main Upright (2) by aligning the holes and sliding the Shaft (19) through.

Secure the Shaft (19) in place using two Set Screws (50).

Install Press Arm (7) to Press Arm Support (6) by aligning the holes and sliding the Shaft (21) through.

Secure the Shaft (21) in place using two Set Screws (50).

Figure 5

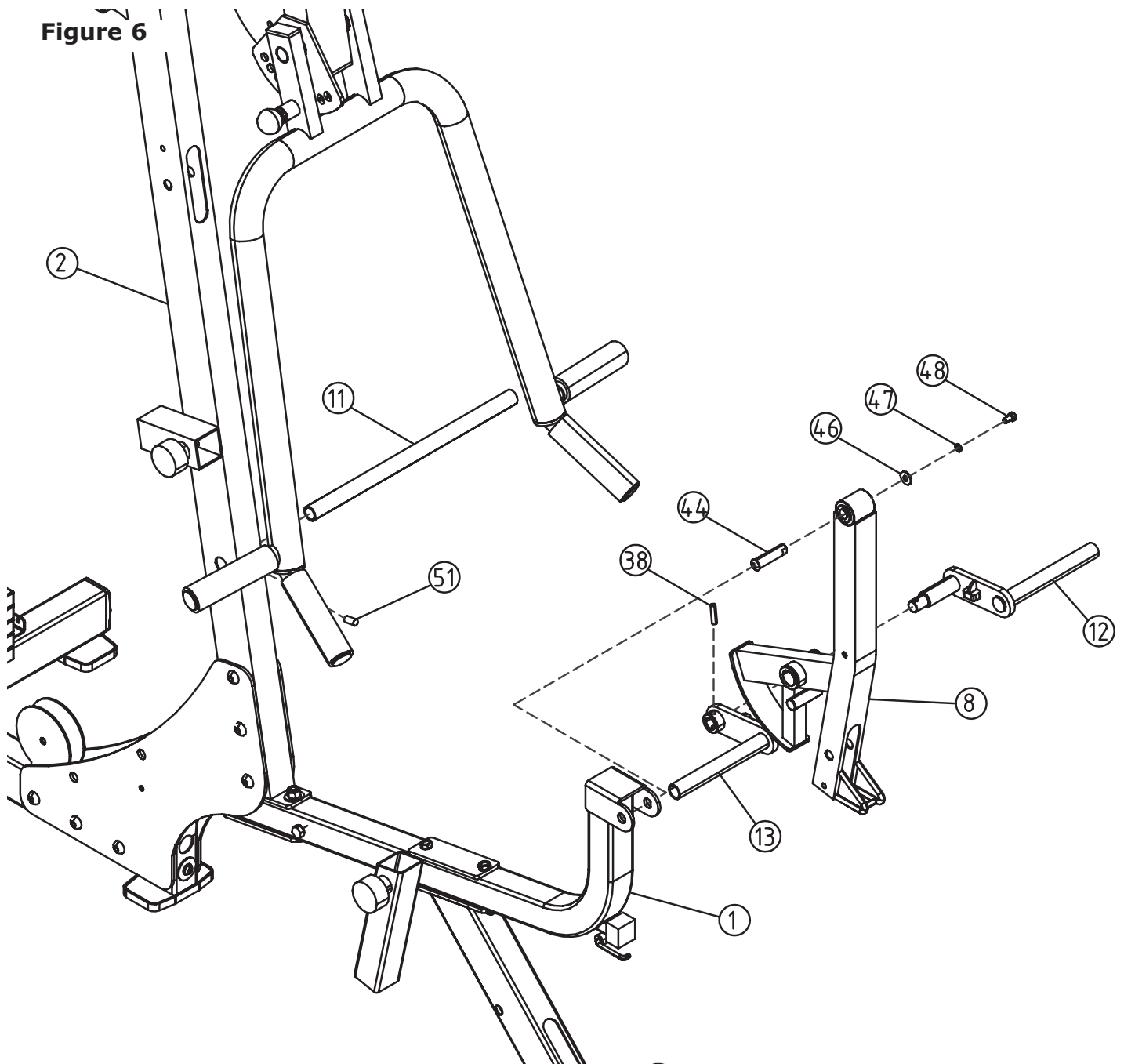


Step 6

Slide Long Foam Tube (11) into the hole towards the lower part of the Main Upright (2).

Slide the Shaft (44) into top of the Leg Extension Lever (8). Attach Leg Extension Lever (8) to Seat Pad Support Receptacle (1) and secure using one Washer (46), one Spring Washer (47), and one Allen Bolt (48).

Slide Foam Frame w/ Shaft (12) through the Leg Extension Lever (8) and attach the Foam Frame w/o Shaft (13) to the other side. Insert the Slip Tension Pin (38) through the hole where the two foam frames meet. **Note:** You may need to use a rubber mallet to install Slip Tension Pin (38).



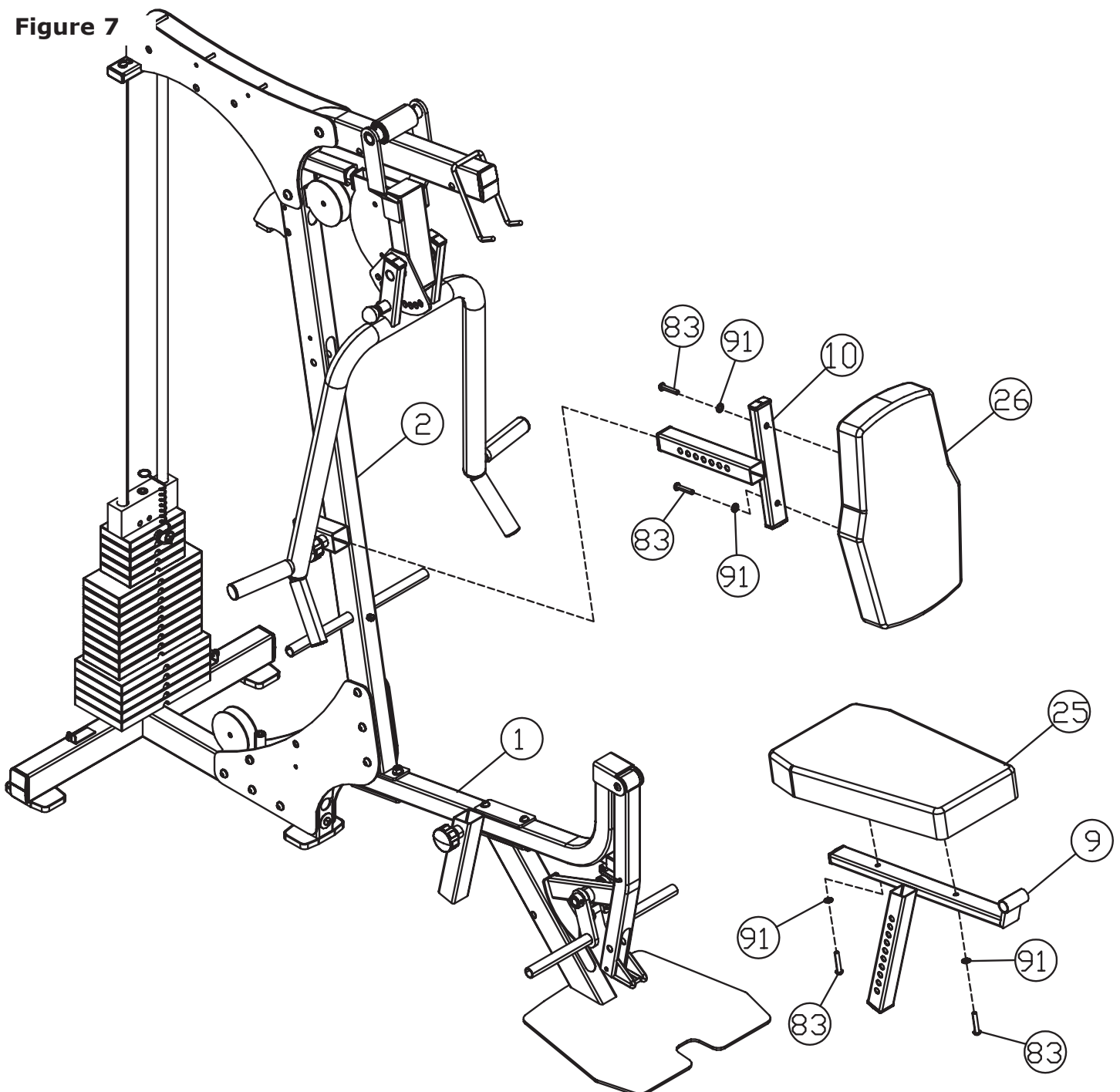
Step 7

Install Seat Pad (25) onto Seat Pad Support (9) using two Washers (91) and two Allen Bolts (83).

Slide the Seat Pad Support assembly (9) into Seat Pad Support Receptacle (1) and secure with Locking Pop Pin.

Install Back Pad (26) to Back Pad Support (10) using two Allen Bolts (83) and two Washers (91). Slide the Back Pad Support assembly (10) into the Main Upright (2) and secure with Locking Pop Pin.

Figure 7



Step 8

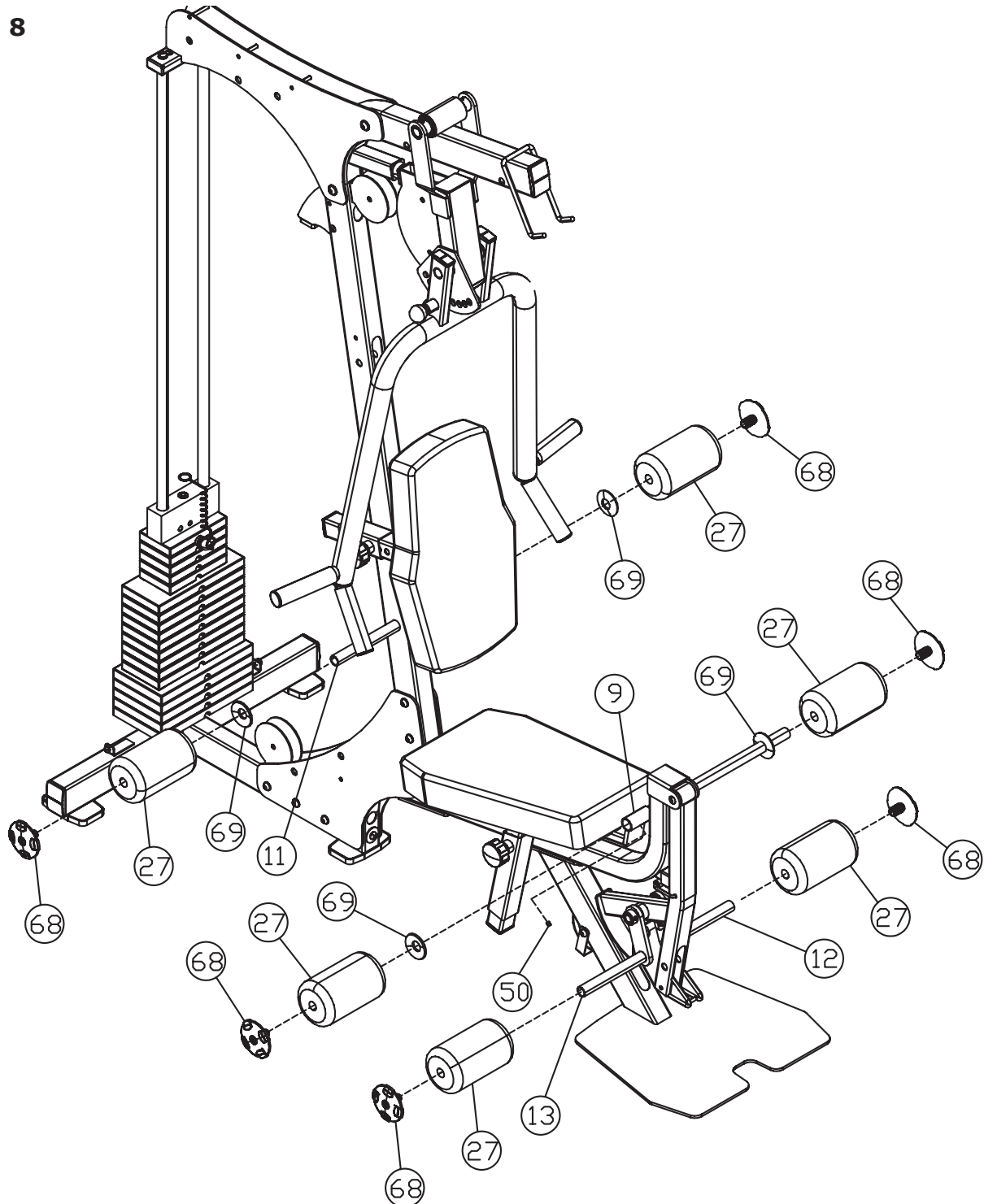
Install a Plastic Washer (69) onto each side of the Long Foam Tube (11).

Next, install Upholstered Roller Pad (27) onto each side of Long Foam Tube (11) and secure in place using Big Plug (68).

Repeat the above step for the Seat Pad Support (9).

Next, install Upholstered Roller Pad (27) onto each Foam Frame (12 & 13) and secure in place with Big Plug (68).

Figure 8



Step 9

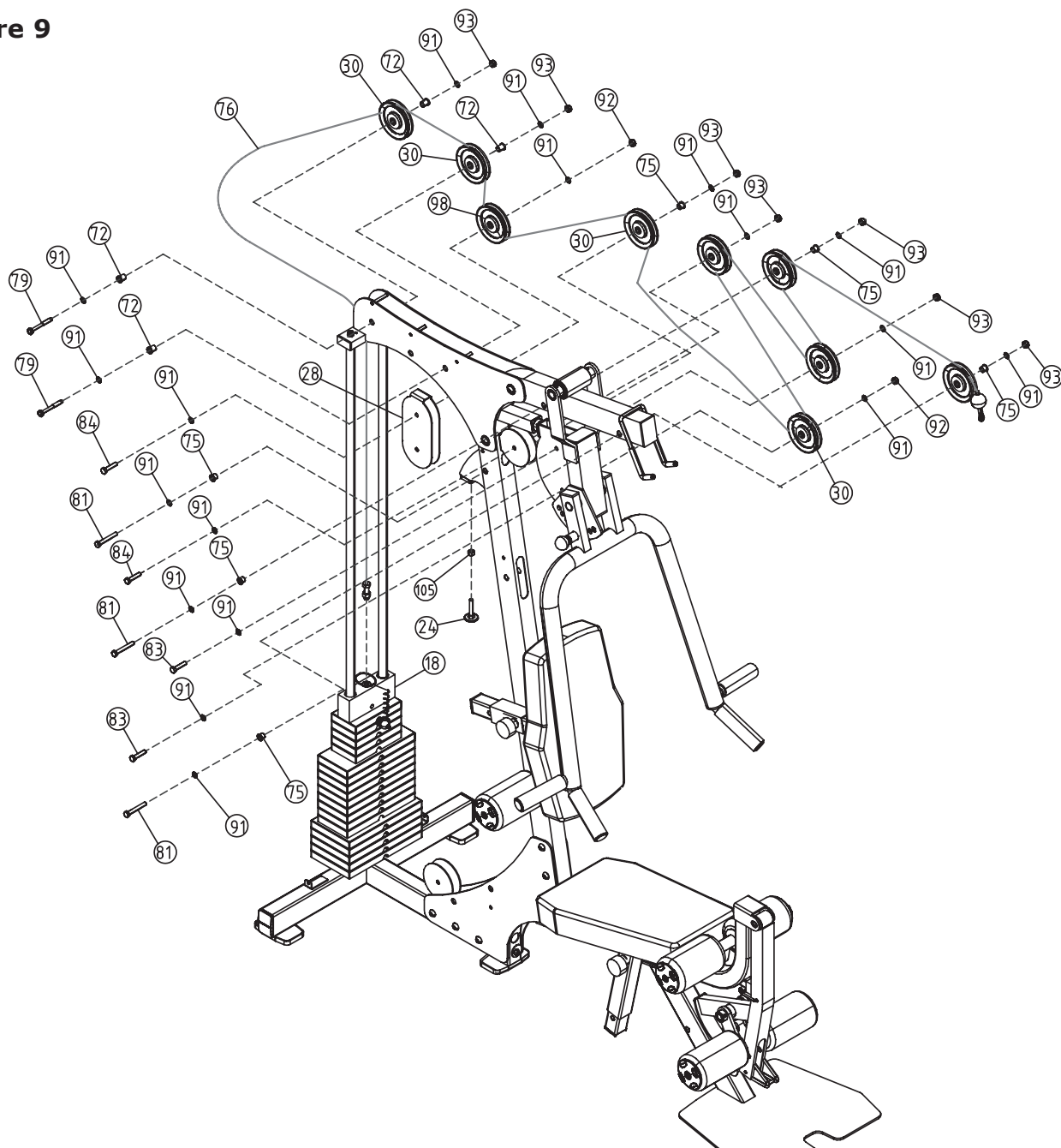
Note: Stretch all cables out completely and make sure all twisting is removed before installing. Install Chest Press Cable (76) as detailed in Figure 9. Follow dotted lines to identify exact location of pulleys.

Start by threading cable end into Top Plate (18).

You will need the following for installation:

- | | | |
|------------------------------------|-----------------------|------------------------------|
| Pulley (30) - Qty. 8 | Bolt (79) - Qty. 2 | Nylon Locknut (93) - Qty. 7 |
| Cable (76) - Qty. 1 | Bolt (81) - Qty. 3 | Nylon Locknut (105) - Qty. 1 |
| Nylon Locknut (92) - Qty. 2 | Bolt (83) - Qty. 2 | Pulley Bracket (28) - Qty. 1 |
| Long Pulley Spacer (75) - Qty. 6 | Bolt (84) - Qty. 2 | Knob Bolt (24) - Qty. 1 |
| Longer Pulley Spacer (72) - Qty. 4 | Washer (91) - Qty. 18 | Small Pulley (98) - Qty. 1 |

Figure 9



Step 10

Note: Stretch all cables out completely and make sure all twisting is removed before installing.

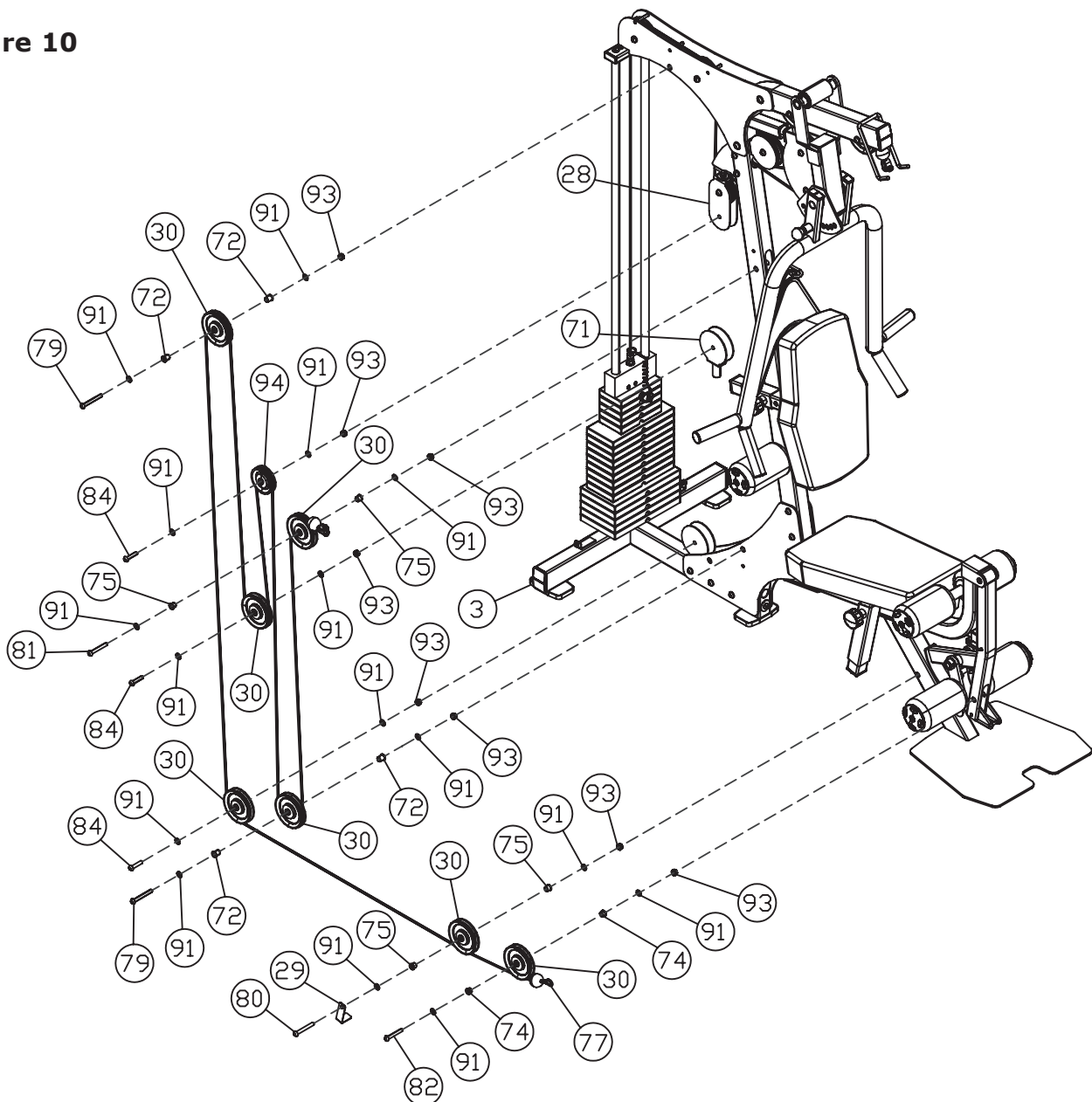
Install Mid Pulley Cable (77) as detailed in Figure 10. Follow dotted lines to identify exact location of pulleys.

Start by installing cable under the pulley at Leg Extension location.

You will need the following for installation:

- | | | |
|------------------------------------|-----------------------|------------------------------|
| Pulley (30) - Qty. 7 | Bolt (79) - Qty. 2 | Small Pulley (94) - Qty. 1 |
| Cable (77) - Qty. 1 | Bolt (80) - Qty. 1 | Pulley Bracket (71) - Qty. 1 |
| Nylon Locknut (93) - Qty. 8 | Bolt (81) - Qty. 1 | Cable Retainer (29) - Qty. 1 |
| Long Pulley Spacer (75) - Qty. 6 | Bolt (82) - Qty. 1 | |
| Longer Pulley Spacer (72) - Qty. 4 | Bolt (84) - Qty. 3 | |
| Short Pulley Spacer (74) - Qty. 2 | Washer (91) - Qty. 16 | |

Figure 10



Step 11

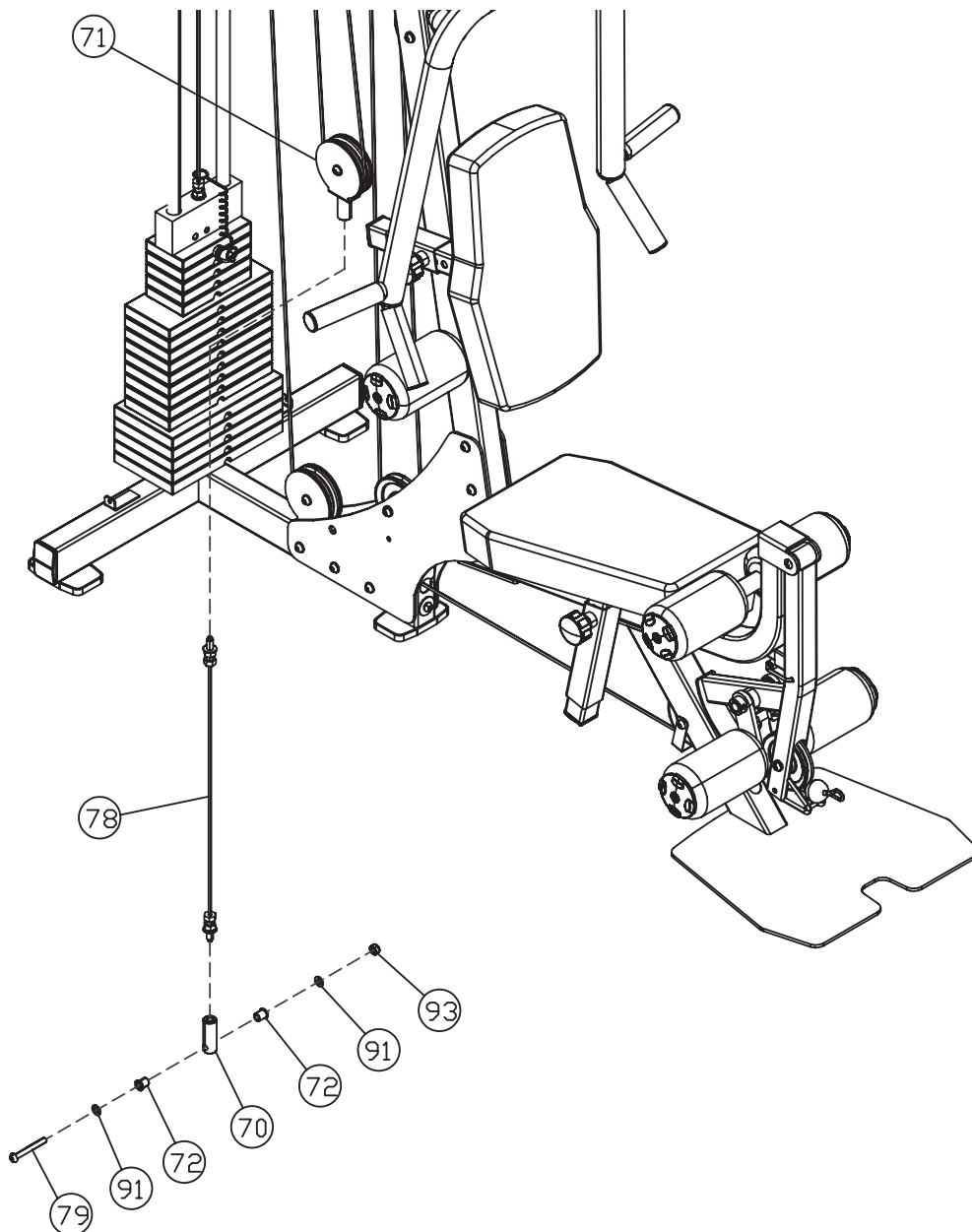
Note: This step is only used if you do not have the Leg Press attachment. Use the Cable Adapter (70) in place of the pulley.

Note: Stretch all cables out completely and make sure all twisting is removed before installing. Install Leg Press Cable Substitute (78) as detailed in Figure 11. Follow dotted lines to identify exact location of pulleys.

You will need the following for installation:

- Cable Adapter (70) - Qty. 1
- Longer Pulley Spacer (72) - Qty. 2
- Cable (78) - Qty. 1
- Bolt (79) - Qty. 1
- Washers (91) - Qty. 2
- Nylon Locknut (93) - Qty. 1

Figure 11



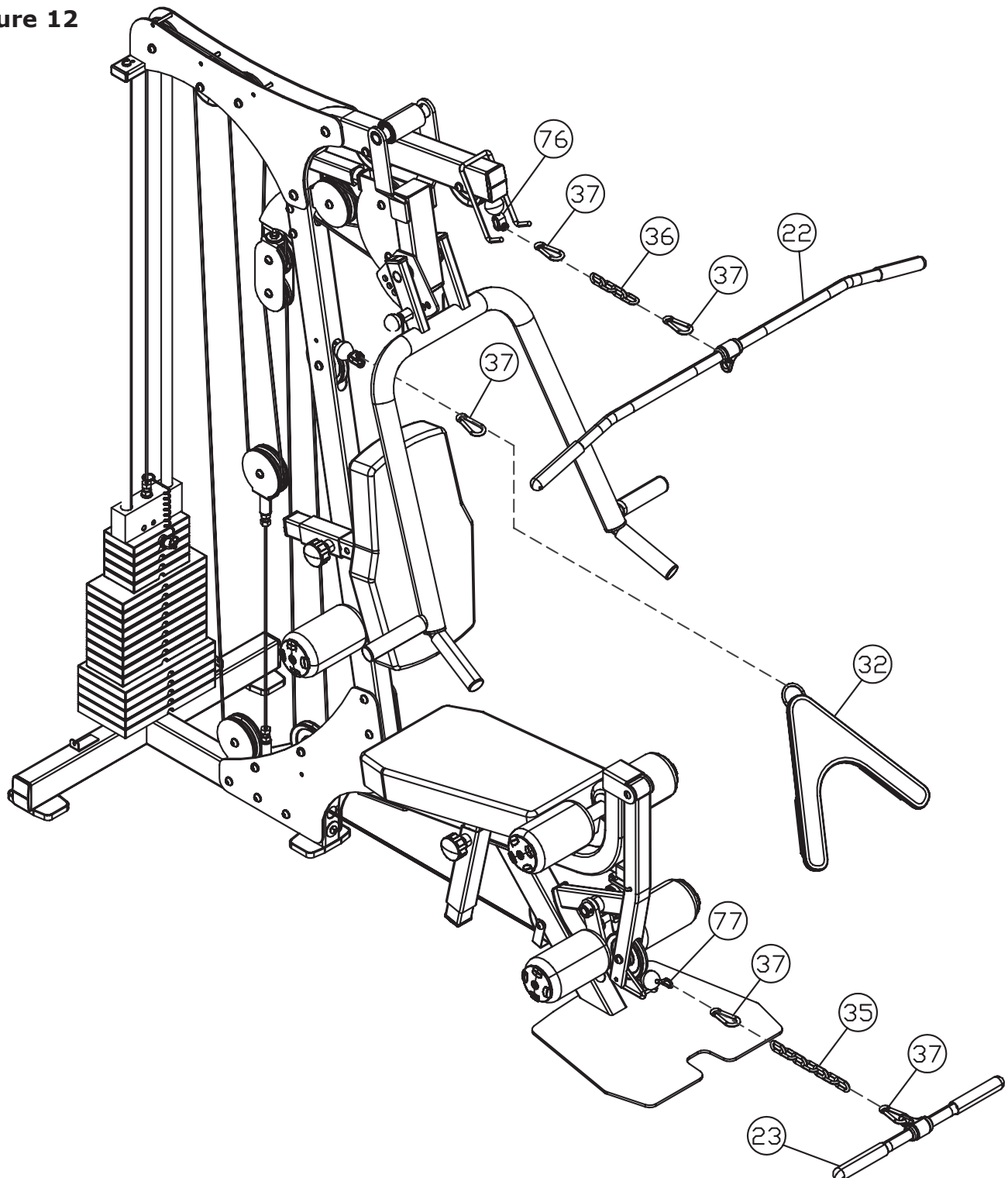
Step 12

Connect Long Lat Bar (22) to the Chest Press Cable (76) using two Gear Hooks (37) and Short Chain (36).

Connect Ab Strap (32) to Mid Pulley Cable (77) using one Gear Hook (37).

Connect Short Lat Bar (23) to Mid Pulley Cable (77) using two Gear Hooks (37) and Long Chain (35).

Figure 12

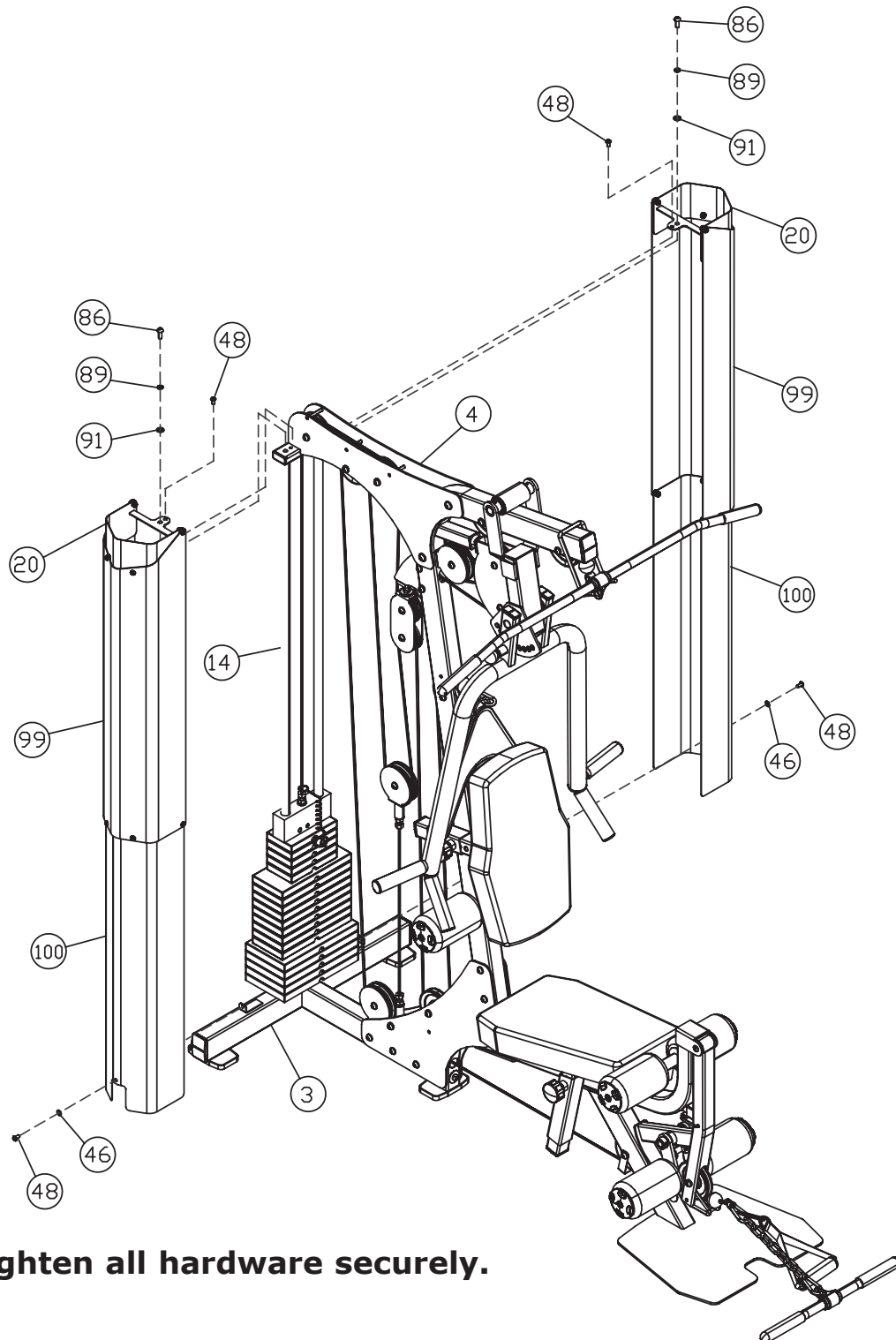


Step 13

Install Weight Shrouds (20, 99, 100) to each side of the Main Top Beam (4) using two Washers (91), two Spring Washers (89), and Allen Bolts (86 & 48).

Secure the bottom portion of the Weight Shrouds (20, 99, 100) to the Rear Frame (3) using two Washers (46) and two Allen Bolts (48).

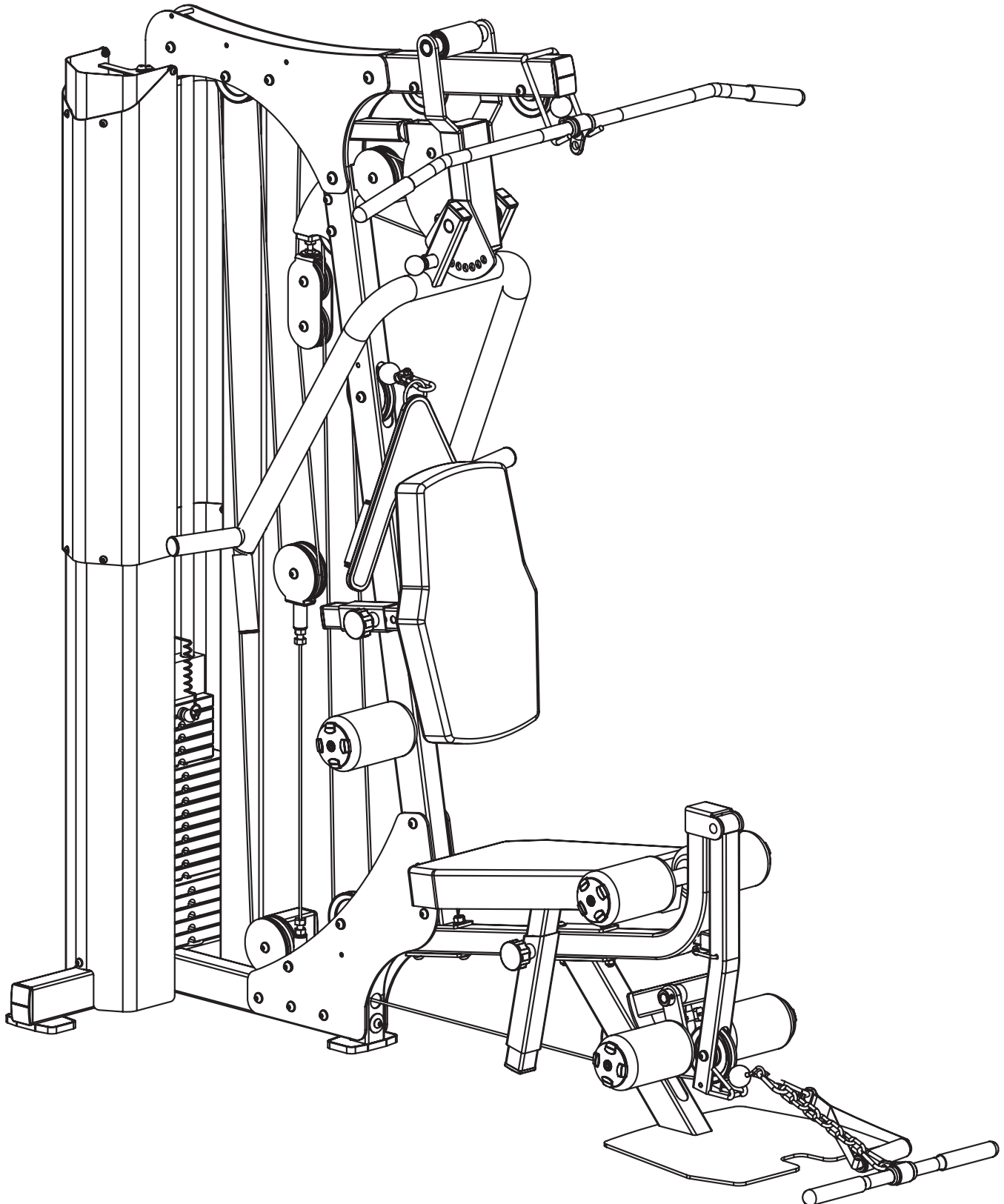
Figure 13

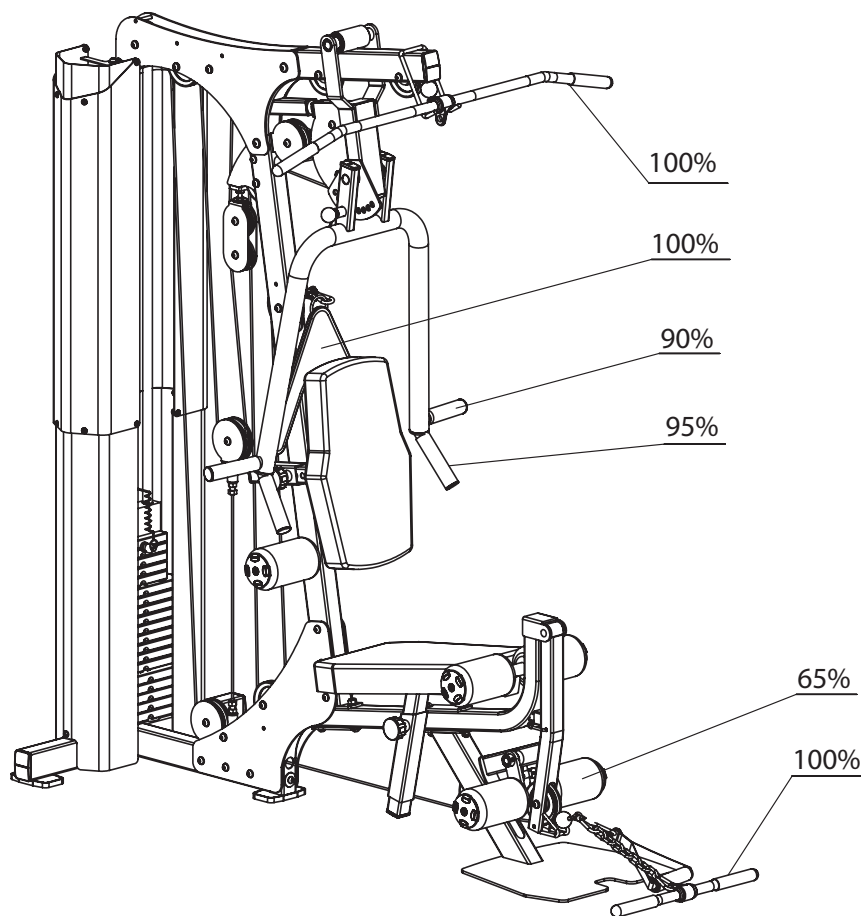


Note: Tighten all hardware securely.

Congratulations!

You have completed the assembly of your new KF-1560.





	100%	95%	90%	65%
1	10	9.5	9	6.5
2	15	14	13.5	10
3	20	19	18	13
4	25	24	23	16
5	30	29	27	20
6	35	33	32	23
7	45	43	41	29
8	55	52	50	36
9	65	62	59	42
10	75	71	68	49
11	85	81	77	55
12	95	90	86	62
13	105	100	95	68
14	115	110	104	75
15	125	119	113	81
16	140	133	126	91
17	155	147	140	101
18	170	162	153	111
19	185	176	167	120
20	200	190	180	130

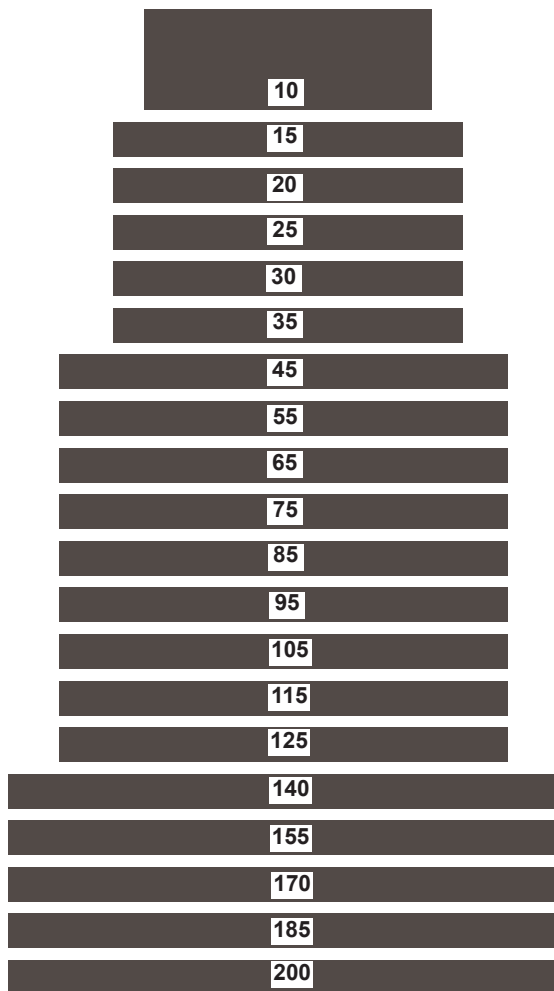
Weight Stack Sticker Placement



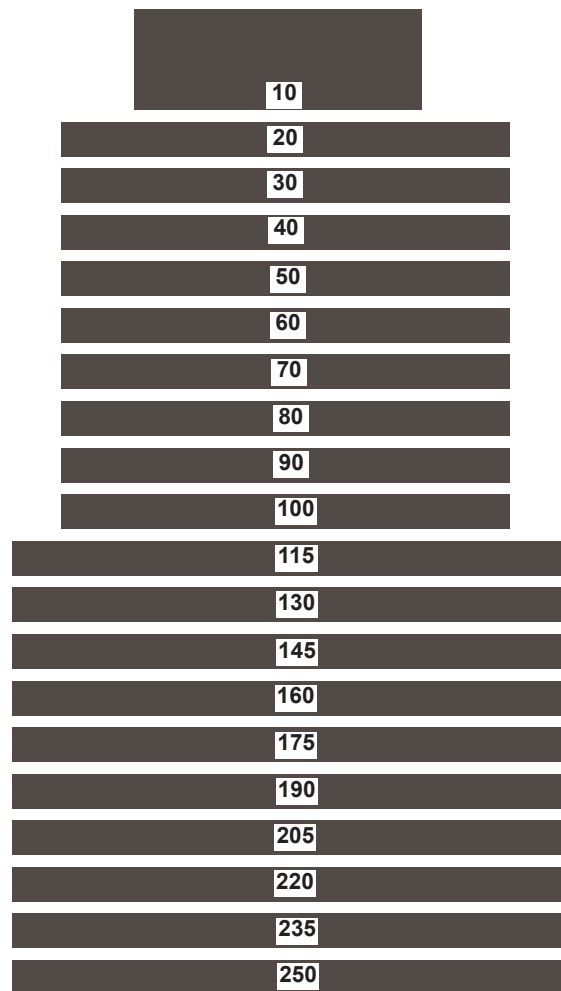
Your new unit can be purchased with either a 200 LB or 250 LB weight stack. Depending on which weight stack you have purchased will determine which weight stack sticker numbers will be used.

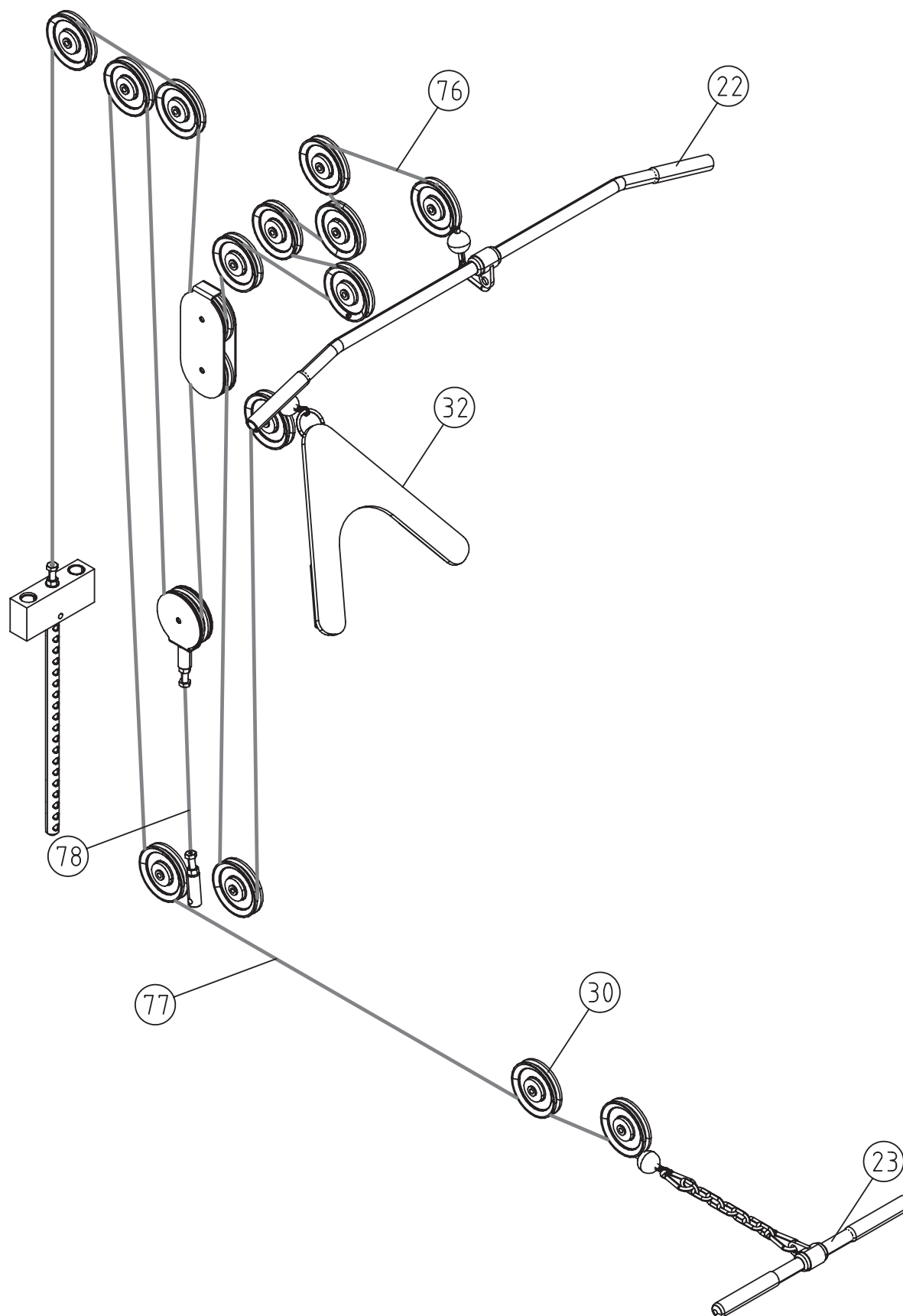
The weight stack images below show which weight stack sticker numbers are to be used on your weight stack. Please note that these stickers should not be put on until the entire unit has been assembled and all bolts and nuts have been tightened.

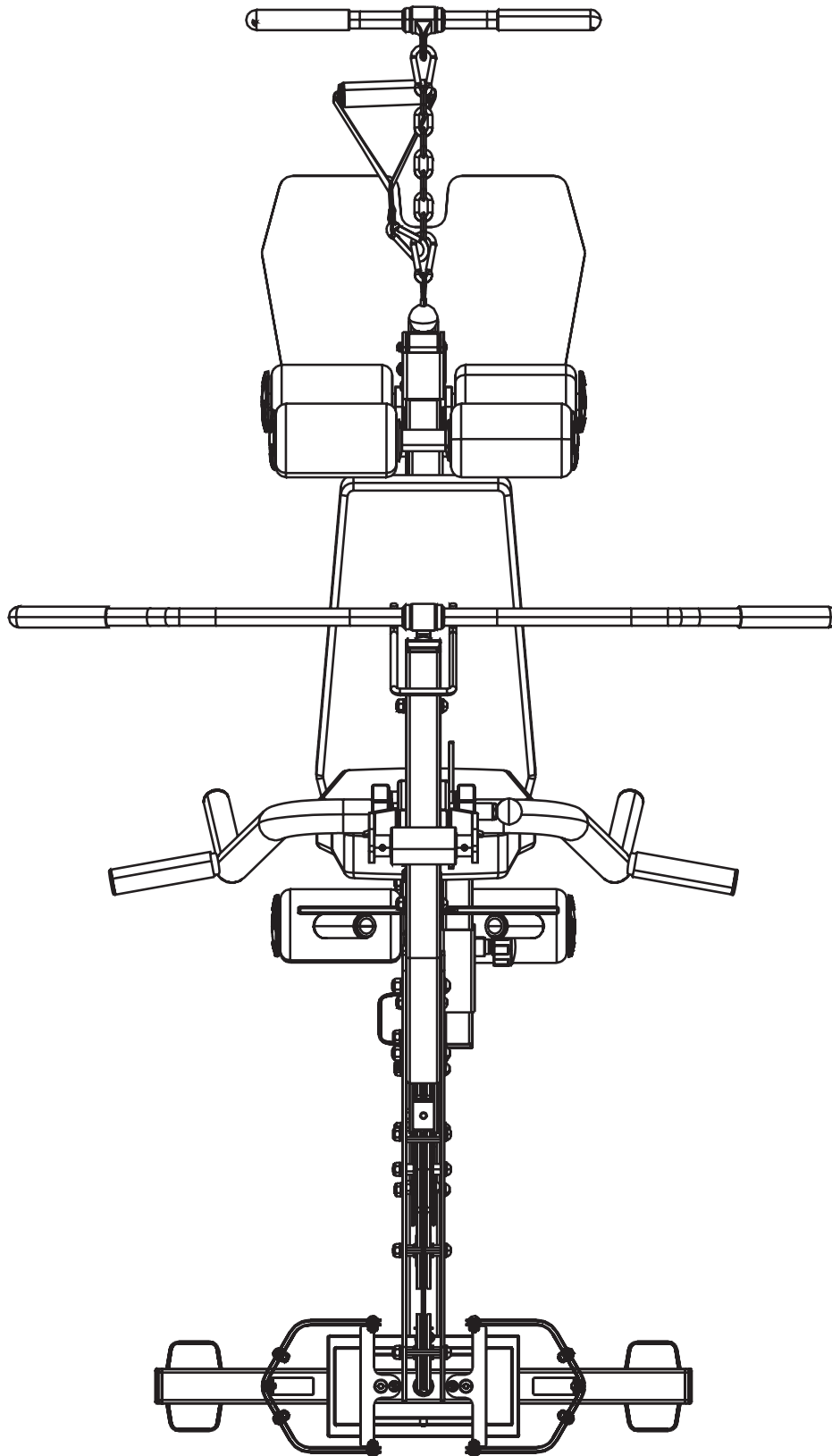
200 LB Stack



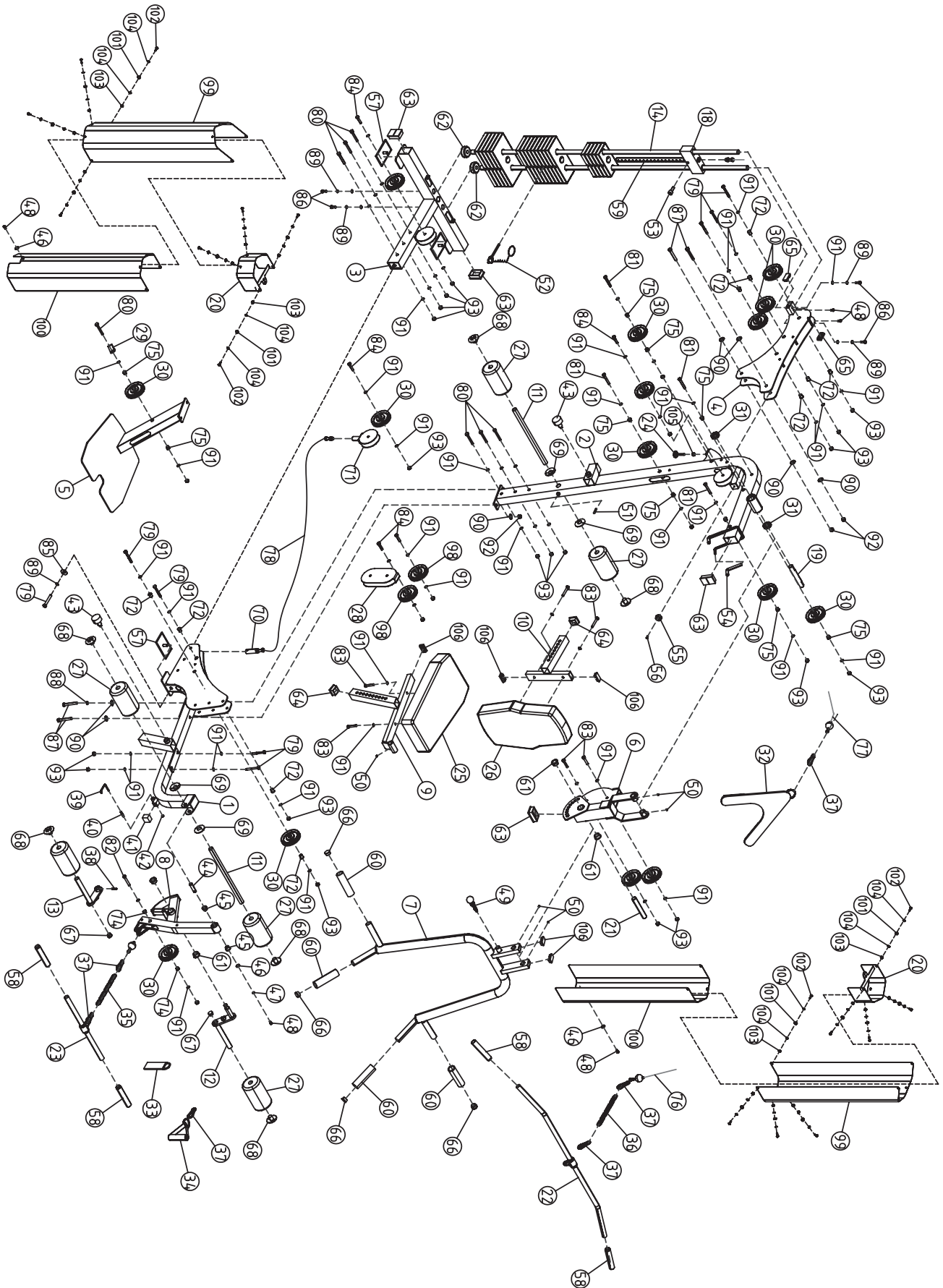
250 LB Stack







L75" x W48.8" x H83.5



KF-1560 Parts List Rev A

Ref #	Part #	Description	Qty	Ref #	Part #	Description	Qty
1	223-00950	RECEPTACLE, SEAT PAD SUPPORT KF-1860	1	56	202-00131	PHILLIP SCREW, M6*15	1
2	223-00951	UPRIGHT, MAIN KF-1860	1	57	206-00061	BASE PAD KPS	3
3	223-00949	FRAME, REAR KF-1860	1	58	206-00103	LAT BAR GRIP - KPS	4
4	223-00952	BEAM, MAIN TOP KF-1860	1	59	219-00276	SELECTOR ROD KPS-GYMS	1
5	223-00956	UPRIGHT, FRONT KF-1860	1	60	206-00057	GRIPS KPS-1800 #108	5
6	223-00034	PRESS ARM SUPPORT KPS-1550/KF-1860	1	61	202-00016	BRONZE ID 25.4	4
7	223-00953	PRESS ARM, KF-1860	1	62	206-00026	WEIGHT BUMPER KPS	2
8	223-00244	LEG EXTENSION LEVER KPS-1850	1	63	206-00001	PLUG 50.8*76.2	4
9	223-00257	SEAT PAD SUPPORT KPS-1550	1	64	206-00020	PLUG 44.5	2
10	219-00267	TELESCOPE FOR BACK PAD KPS-1850	1	65	206-00139	SQUARE PLUG 50*25	5
11	230-00008	LONG FOAM TUBE, 219-00070	2	66	206-00102	PLUG 32 - KPS	4
12	219-00265	FOAM FRAME W/SHAFT KPS-1850/1550	1	67	206-00138	ROUND PLUG 25	2
13	219-00266	FOAM FRAME W/O SHAFT KPS-1850/1550	1	68	206-00390	PLUG, ROLLER PAD TUBE CAP, KF SERIES	6
14	223-00247	GUIDE ROD KPS-1850	2	69	206-00134	PLASTIC WASHER KPS-2050/1850	4
18	223-00031	TOP PLATE KPS-GYM	1	70	210-00093	CABLE ADAPTOR	1
19	230-00019	SHAFT CHEST PRESS KPS-1850	1	71	219-00273	PULLEY BRACKET W/SHAFT KPS-1850	1
20	223-00957	WEIGHT SHROUD, TOP KF-1860	2	72	202-00098	LONG PULLEY SPACER	10
21	230-00018	SHAFT FOR CHEST PRESS ADJ. KPS-1850	1	73	214-00001	WEIGHT STACK STICKERS INRAY	1
22	223-00092	LAT BAR KPS-GYM, 223-00574	1	74	202-00025	SHORT PULLEY SPACER - KPS	2
23	223-00099	SHORT BAR	1	75	202-00071	LONG PULLEY SPACER - KPS GYMS, 202-00098	10
24	210-00097	ADJUSTABLE STOPPER, KPS	1	76	229-00047	CHEST PRESS CABLE KPS-1850 P45	1
25	228-00219	SEAT PAD, KF-1860	1	77	229-00051	MID PULLEY CABLE KPS-1550 P77	1
26	228-00218	BACK PAD, KF-1860	1	78	229-00049	LEG PRESS CABLE SUBSTITUTE KPS-2050/1850	1
27	206-00395	FOAM PADDING, 100X22X180 KF SERIES	6	79	202-00082	BOLT, M10*80	8
28	219-00275	PULLEY BRACKET KPS-1850	1	79	202-00082	BOLT, M10*80	8
29	219-00281	CABLE RETAINER KPS-1850/2050	1	80	202-00081	BOLT, M10*75	7
30	223-00228	BIG PULLEY 4.5"	15	81	202-00083	BOLT, M10*70	4
31	202-00024	BEARING ID 25	2	82	202-00084	BOLT, M10*65	1
32	210-00099	AB STRAP KPS-2050/1850/1550	1	83	202-00085	BOLT, M10*50	6
33	210-00059	ANKLE STRAP KPS GYM	1	84	202-00086	BOLT, M10*45	5
34	210-00061	HAND STRAP KPS GYM	1	85	202-00678	WASHER, CHROME 38X11X2	1
35	229-00038	LONG CHAIN 12	1	86	202-00087	ALLEN BOLT, M10*25	4
36	229-00037	SHORT CHAIN	1	87	202-00126	BOLT M12*80	4
37	210-00008	GEAR HOOK, KPS, 210-00008	6	88	202-00135	SPRING WASHER, 12	1
38	210-00033	SLIP TENSION PIN	1	89	202-00100	SPRING WASHER, M10	5
39	202-00147	U PIN	1	90	202-00127	WASHER, 13*24*1.5	7
40	202-00144	SMALL SPRING	1	91	202-00128	WASHER, 11*20*2	62
41	206-00099	END CAP BUMPER - KPS	1	92	202-00092	NYLON NUT, M12	3
42	202-00142	NUT, M6	1	93	202-00091	NYLON NUT, M10	26
43	210-00144	POP PIN, LOCKING, KPS-1550	2	94	202-00696	HEX KEY 8	1
43	210-00144	POP PIN, LOCKING, KPS-1550	2	95	202-00132	HEX KEY 6	1
44	230-00017	SHAFT LEG EXT. KPS-1850/1550	1	96	202-00133	HEX KEY 4	1
45	202-00141	BRONZE BUSHING, ID16	2	97	210-00094	LUBE	1
46	202-00137	WASHER, 9*22*2	3	98	223-00231	SMALL PULLEY, KPS-CC/CG/LATA/SCC	2
47	202-00134	SPRING WASHER 8	1	99	223-00958	WEIGHT SHROUD, MIDDLE KF-1860	2
48	202-00136	ALLEN BOLT M8*15	5	100	223-00959	WEIGHT SHROUD, BOTTOM KF-1860	2
49	210-00029	POP PIN LOCKING	1	101	202-00227	WASHER, 6.6X12X1.6	16
50	202-00143	SCREW, M8*6	5	102	202-00695	BOLT, M6X20 ALLEN	16
51	202-00154	BOLT ALLEN, M8*35	1	103	202-00119	LOCKNUT M6	16
52	210-00004	WEIGHT PIN	1	104	202-00227	WASHER, 6.6X12X1.6	32
53	202-00121	SCREW, M12*35	1	105	202-00129	REGULAR HEX NUT 10	1
54	206-00136	RUBBER STOPPER	2	106	206-00008	PLUG 25*50	5
55	206-00142	NYLON STOPPER	1				

KEYS FITNESS PRODUCTS, L.P. LIFETIME WARRANTY



This Warranty applies in the United States and Canada to products manufactured or distributed by Keys Fitness Products, LP (“Keys”) under the KEYS brand name. The warranty is non-transferable and valid only to the original purchaser.

Keys warrants that the Product you have purchased for non-commercial, personal, family, or household use from Keys or from an authorized Keys reseller is free from defects in materials or workmanship under normal use during the warranty period. Your sales receipt, showing the date of purchase of the Product, is your proof of purchase. This warranty only extends to you, the original purchaser. It is not transferable to anyone who subsequently purchases or acquires the

Product from you. This Warranty becomes VALID ONLY if the product is purchased through a Keys Fitness authorized dealer unless otherwise authorized by Keys Fitness in writing and must be assembled / installed according to the instructions included with the Product.

In a light institutional setting, Keys will extend a one year limited warranty to the original purchaser.

During the warranty period Keys will repair or replace (at Keys' option) the product if it becomes defective, malfunctions, or otherwise fails to conform with this Warranty under normal use. In repairing the Product, Keys may replace defective parts with new or, at the option of Keys, serviceable used parts that are equivalent to new parts in performance. All exchanged parts and Products replaced under this warranty will become the property of Keys. Keys reserves the right to change manufacturers of any part to cover any existing warranty.

This warranty DOES NOT COVER shipping charges, export taxes, custom duties and taxes, or any other charges associated with transportation of the parts or Product. To obtain warranty service, you must contact a Keys authorized retailer, service technician or Keys Fitness at our phone number located in this manual. Any parts determined to be defective must be returned to Keys to obtain warranty service. You must prepay any shipping charges, export taxes, custom duties and taxes, or any other charges associated with transportation of the parts or Product. In addition, you are responsible for insuring any parts or Product shipped or returned. You assume the risk of loss during shipment. You must present Keys with proof-of-purchase documents (including the date of purchase). Any evidence of alteration, erasure or forgery of proof-of-purchase documents will be cause to void this Warranty.

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